

The Fungifile

Botany Section

MAR 29 2001

March 2001

UNC-CHAPEL HILL

The newsletter of the Triangle Area Mushroom Club

Yellow and Black Morels

Photos courtesy of Don Johnston: Mushroom Society of Utah



Triangle Area Mushroom Club
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Durham, NC 27715



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Chapel Hill, NC 27599-3280

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Foray Chairs

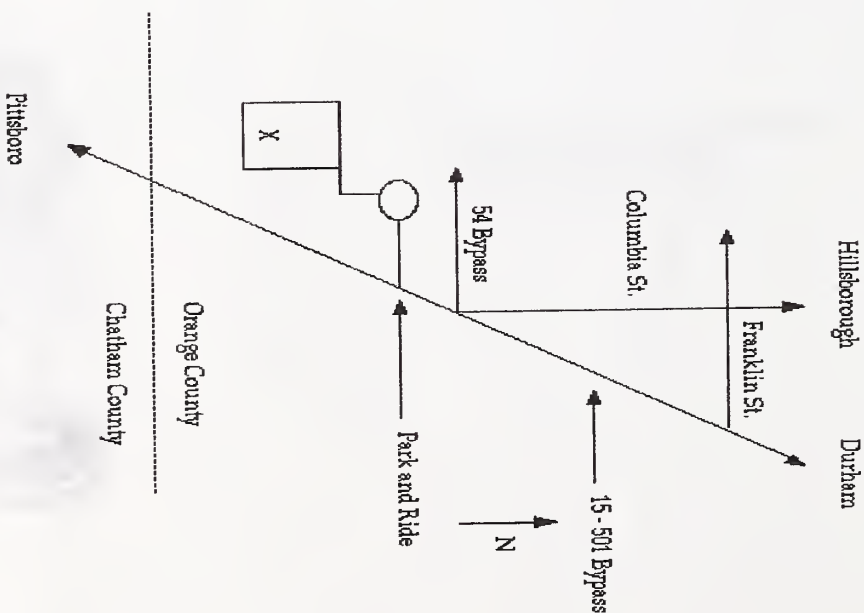
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Morel Foray April 14, 2001
9:00 AM



This map is David Green's version and is a bit deceiving in that you have to make a right hand exit off of the 15-501 Bypass and then make a left turn at the light at the end of the ramp to continue on 15-501.

Cream of Mushroom Soup

1/4 - 1/2 cup dried boletes
1 1/4 cup water

Simmer in a covered pan for about 30 min.

In another saucepan set up a cream sauce with:

1 tbsp. butter
1 tbsp. flour
1/2 tsp. salt
1 cup milk

Then add the boletes and liquid.

Cook on med. high heat, stirring constantly until it comes to a boil.
Keep warm until ready to serve.

You can use any variety of mushroom, but I suggest one with a lot of flavor. If not, use more mushrooms. You can use fresh mushrooms, but in that case also use more. Use 2 - 3 times more fresh mushrooms than you would dried.

Judy J.

Foray Reports:

On Saturday, September 30, fifteen mushroom hunting enthusiasts met at the Mt. Sinai Road section of Duke Forest and found the following mushrooms. Thanks to Roger and Jeannie for their generous hospitality providing lunch to the group following the foray. Although the foray was held on a clear fall day, it had rained earlier in the week.

Amanita citrina
Amanita fulva
Lactarius piperatus
Lactarius camphoratus
Lactarius volemus
Lactarius chrysorheus
Boletus innixus
Tylopilus felleus
Pluteus cervinus
Lepiota procera
Chroogomphus rutilus
Armillaria mellea
Cantharellus tubaeformis
Entoloma murraili
Lycoperdon perlatum
Laccaria ochropurpurea
Hygrocybe acutoconicus
Russula flavida
Leptonia serrulata
Psathyrella sp.
Dacromyces palmatus

Amanita flavoconia
Amanita farinosa
Lactarius imperceptus
Lactarius corrugis
Lactarius tomentosus-marginatus
Suillus hirtellus
Boletus auriporus
Hygrophorus miniatus
Lepiota americana
Geastrum sp.
Tyromyces chioneus
Cantharellus cinnabarinus
Cantharellus cibarius
Entoloma violaceum
Pleurotus ostreatus
Mutinus elegans
Russula aeruginea
Russula emetica group
Phaeolus schweinitzii
Schizophyllum commune

Foray 10/14/00

Umstead Park, Chapel Hill, NC

Dry conditions; no rain within the preceding week.

We also had a wonderful pot luck lunch that was delicious. I suggest we do that more often.

Russula emetica group

Psathyrella sp.

Armillaria mellea

Cantharellus cinnabarinus

Pleurotus ostreatus

Lenzites betulina

Trametes versicolor

Stereum ostrea

Daedalea quercina

Ganoderma tsugae

Oxyporus populinus

Tyromyces chioneus

Lycogala epidendrum

Morel Foray April 14, 2001 at 9:00 AM! See map for location.

We generally find more black morels than yellows, but both are very tasty. Happy hunting!

Information Corner

For those of us who are novices to the mushroom world:

Never eat a mushroom without doing a spore print first (with the exception of morels that are completely identifiable).

When in doubt about a mushroom, throw it out.

To do a spore print::

Cut two small pieces of paper - one white and one of another color (I use blue or green). Place them so they overlap and put the mushroom on both colors of paper. Cover with a glass jar and let it sit at room temp for an hour or two. You should have a spore print by then.

FORAY LEADERS NEEDED

We need foray leaders for the 2001 season. We would like to schedule one or two per month between June and October. Leaders get to pick the time, date and location of the foray, but are not obligated to identify little brown mushrooms and are not held responsible for precipitation in the days preceding the foray. It is desirable, but not absolutely essential, to come back with the same number of people that you started with. Option #1 is to select the date, the time and the location. Option #2 is to select the date and have people call you a few days before the foray and find out where to meet you (this also gives you the option to cancel the foray if it has not rained in a while). There are undoubtedly other options, and these are fine too. Please call David Green at 929-9768 or Carolyn Norris at 732-5996 and let us know where and when you want to go.

FORAY CHAIR NEEDED

If anyone would like to get in on the fun and be one of the foray co-chairs for the coming year, please call David Green, 929-9768. Also, if anyone would care to serve in any of the other positions in the club, the current officers might either reluctantly or enthusiastically make room.

EDITOR'S NOTE

Membership Applications for 2001 are again included with this newsletter.

We will need a new editor and a new Sec./Treas. because I am unable to attend most forays due to a recently diagnosed medical condition. I'll be happy to turn over all my files, most of which are readable both on a Mac and an IBM.

Foray 4/14/01 Report

David Green

This year's morel foray was held on April 14 at the usual place, following several days of record heat. Although expectations were low, about 12 people collected about 350 morels in about two hours. All, or very nearly all of the collections were yellow morels, *Morchella esculenta*. We also found *Pleurotis ostreatis* and *Urnula craterium*.

Botany Section

JUN 25 2001

UNC-CHAPEL HILL

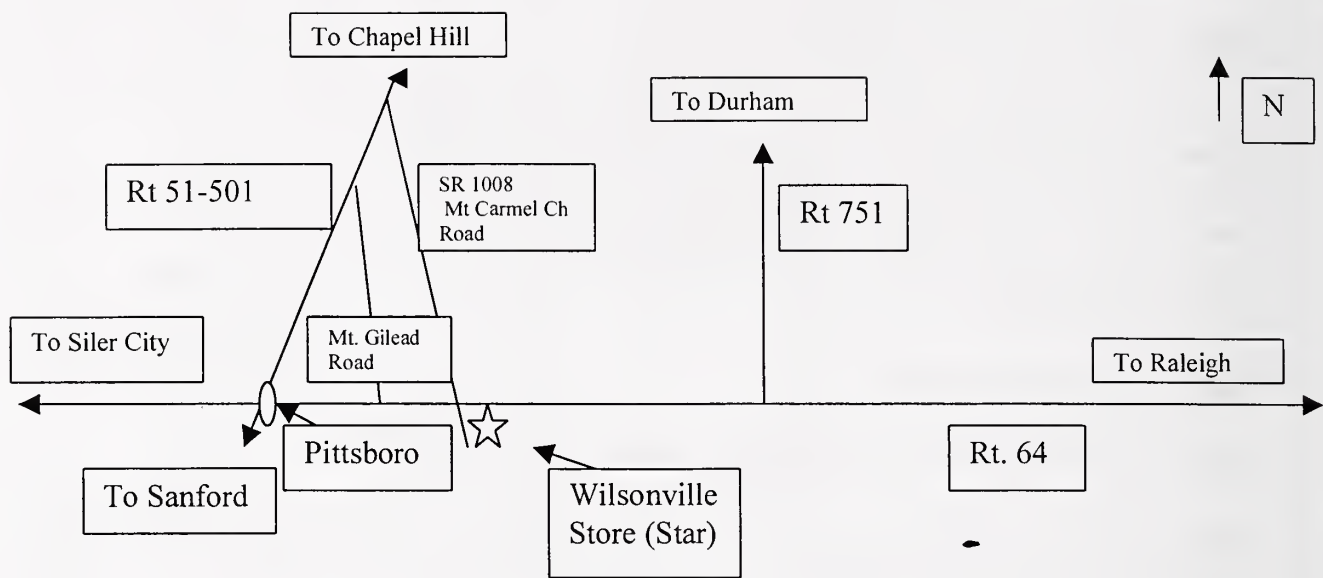
Foray Announcements

Saturday June 30, 2001 – Moorefields, Orange County – 9:00 AM

TAMC is planning a foray at Moorefields on the outskirts of Hillsborough. Moorefields is a location of historical significance. In 1785, Alfred Moore (a revolutionary war captain) built a summer home on 1200 acres near the Eno River and Seven-Mile Creek. (Alfred Moore made significant contributions to North Carolina: He was State Attorney General, Chief Justice of the NC Supreme Court, helped found UNC-CH and was an Associate Justice to the US Supreme Court.) Over the years, most of the original acreage has been sold off; however, land surrounding Moore's original house still remains. A later owner (Edward Thayer Draper-Savage, UNC French Professor) established the Moorefields foundation upon his death. The remaining property is now preserved for educational and other uses through the Moorefields Foundation. We will meet at Moorefields at 9:00 AM. Moorefields is a scenic location. Feel free to bring a picnic lunch to enjoy at the conclusion of the foray. Call Carolyn Norris at 732-5996 for details and directions.

Saturday July 14, 2001 – Weaver Creek Trail, Jordan Lake, Chatham County, - 9:00 AM

Led by David Green. This is a hiking trail on Corps of Engineers land near Jordan Lake. The trail is approximately 3.5 miles; however we will turn back at an appropriate time. We will pass through areas of hardwoods, mixed woods, and (live, dying and dead) pine. In past years this has been a good area for boletes. We will meet at 9:00 at the Wilsonville store at the junction of Hwy 64 and SR 1008 (see map included in newsletter). The trail is a few miles south of where we will meet. Since this is Bastille Day, we can look for champignons. Call David Green, 929-9768 for more information.



Foray Map for July 14, 2001 9:00AM

FORAY LEADERS NEEDED

We need foray leaders for August, September and October. If someone volunteers to lead them, we could have one or two per month. Leaders get to pick the time, date and location of the foray. They are not held responsible for precipitation in the days preceding the foray, and have the privilege of making up whimsical names for whatever specimens are not identified. Option #1 is to select the date, the time and the location. Option #2 is to select the date and have people call you a few days before the foray to find out where to meet you. There are undoubtedly other options, and these are fine too. Please call David Green at 929-9768 or Carolyn Norris at 732-5996 and let us know where and when you want to go.

POTENTIAL FORAYS: Foray leaders with lives too complicated to make commitments months in advance can call David Green at least two weeks before they want to go, and we will find a way to get the word out.

Editor's note:

The Fungifile has a new editor and I would like to introduce myself; My name is Jennifer Mahan. I moved to the Chapel Hill area from Milwaukee, Wisconsin in September of last year. I have been keeping busy with my day job as Public Policy Specialist for the Mental Health Association in North Carolina and have been sharing my cooking skills catering and working in the kitchen at Fowler's in Durham. This newsletter business is all new to me, but I am always eager for a challenge. This edition was put out in short order so please forgive the slightly disorganized format. With a little extra time and effort next go around, I hope to continue to include photos and drawings. Please forward to me any interesting mushroom pictures, art, articles, recipes – or any other contributions you would like to share with other TAMC members. I have a great love of food and cooking so I hope to contribute a recipe or recipes regularly – please let me know if you have any suggestions! My address is Jennifer Mahan c/o Tilty Farm, 2739 Millikan Road, Chapel Hill, NC 27516 or email at jkmfrog@earthlink.net. I look forward to meeting all of you and to your contributions. Thanks, Jen.

Recipe Corner

(As noted before, contributions to the recipe corner are needed and welcome!)

Mushroom Risotto

Risotto is very versatile and unlike its reputation, fairly easy to make. Almost anything can be added; my last mushroom version included morels and basil.

Equipment recommended:

Heavy bottom cook pot
Wooden spoon
Second saucepan or pot (to simmer stock)
Ladle
Sauté/fry pan
Measuring cups and spoons (if needed)

Ingredients:

5-6 cups of chicken stock, veggie stock, or mushroom bullion.
1 small onion, chopped medium
2T olive oil
2 cups Arborio rice*
¾ - 1 cup of white wine (optional, if not used, add equivalent amount of stock and perhaps a squeeze of lemon juice)

1-2 T butter
1/2 –1 lb fresh mushrooms
1 cup grated Parmesan, divide into 2 portions
Salt and pepper

Other optional ingredients: consider adding a fresh herb like parsley, basil, thyme, or chives at the end of cooking, before the dish is served.

Directions:

Bring stock to boil in saucepan. Reduce heat to very low. In heavy bottom pan sauté onions in oil until tender. Add rice and stir well until rice is evenly coated with oil. Heat should be on medium, (adjust heat later if rice is sticking or liquid is absorbed too quickly or too slowly). Add wine, if using, and stir until most of liquid is absorbed. Add broth 1 cup (or so) at a time, stirring periodically, until most of liquid is absorbed. Repeat process of adding liquid one cup at a time until rice is "al dente." It should not taste chalky at that point, and the grains should be separate and the dish should appear "creamy" (from the starches in the rice). This usually takes 20-25 minutes While the rice is cooking, sauté mushrooms in butter until liquid has evaporated. When rice is nearly done, add mushrooms (and whatever else, like herbs, leftover chicken, other veggies...be creative!) Check seasonings and add salt and pepper as needed. Stir in 1/2 cup of Parmesan in at end and save remainder to sprinkle over dish. Serve immediately.

Leftover risotto is great pan fried into "cakes."

*Arborio rice may be purchased in bulk at stores in the Triangle area like Weaver Street Co-op or Wellspring Foods. Many groceries and specialty food stores now carry risotto rice in boxes and can either be found with other rices or in the imported/Italian foods section, just check to make sure it's Arborio.

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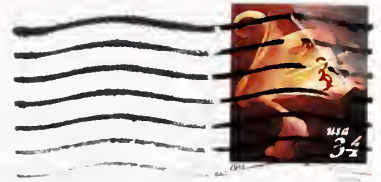
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June 2001

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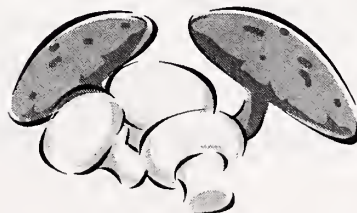
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The Fungifile

August 2001

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2001*****MEMBERSHIP DUES*****MEMBERSHIP DUES*****2001

Annual membership dues are due January 31. They are the same as last year. Individual memberships include a subscription to the *Fungifile* and (for those over 18) full voting and office holding privileges. For additional participating household members (associate memberships) add \$2.00 and this includes all rights and privileges. Corresponding memberships are available for those who live too far away to participate in regular club activities. Corresponding members are always welcome at meetings or forays if they happen to be in the area.

Since TAMC is associated with the North American Mycological Association (NAMA) our members get a discount if they join NAMA. When joining through TAMC, NAMA dues are now \$32.00 per year (individual or family) and include subscriptions to the bimonthly *Mycophile* and the annual *McIlvanea*, the privilege of attending the annual national foray, and numerous other educational services. To join send a SEPARATE check to TAMC, but payable to NAMA.

TRIANGLE AREA MUSHROOM CLUB 2001 MEMBERSHIP APPLICATION FORM

Send form and appropriate dues to TAMC, c/o Mary Beall, 68 Fernwood Lane, Chapel Hill NC, 27516.
Make checks payable to TAMC.

Dues:	[]	\$8.00	Individual
	[]	7.00	Corresponding (receives the newsletter only)
	[]	2.00	Associate (for additional participating members of an individual member's household)
	[]	32.00	North American Mycological Association (individual or family). Send separate check payable to NAMA.

Name (s) _____

Address _____

City _____ State _____ Zip Code _____

Home Phone _____ Daytime Phone _____

Mailing Address _____

e-Mail Address _____

TAMC NEEDS INPUT AND PARTICIPATION BY MEMBERS

I can help in the following areas this year:

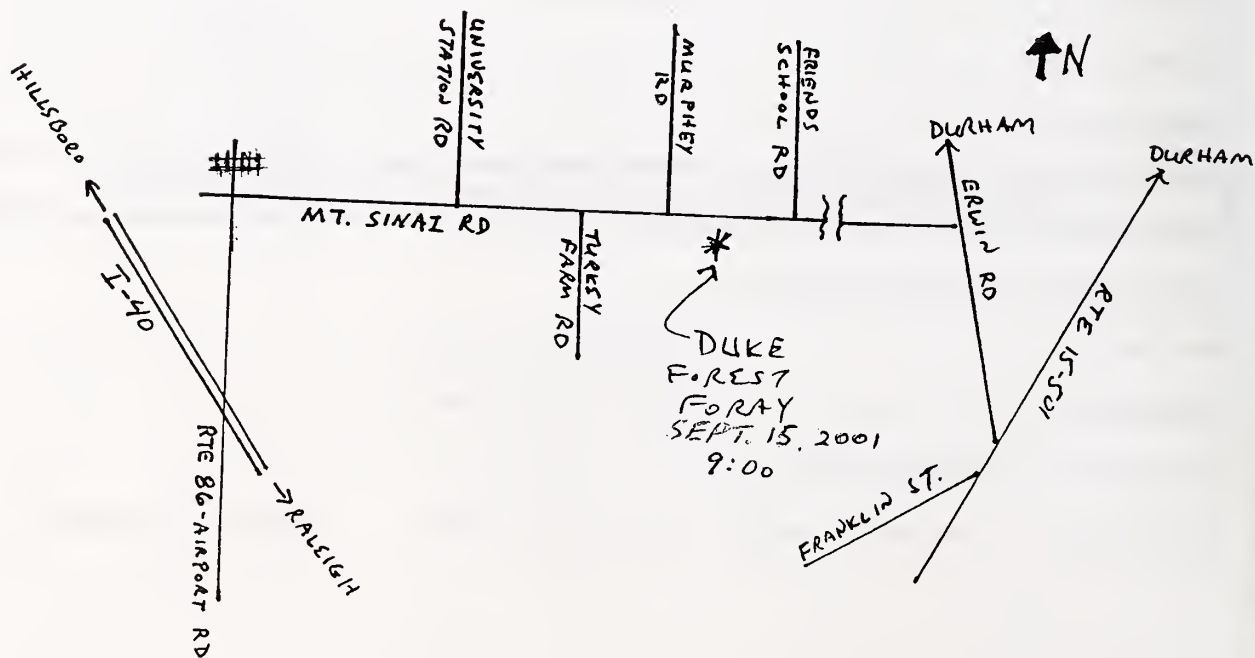
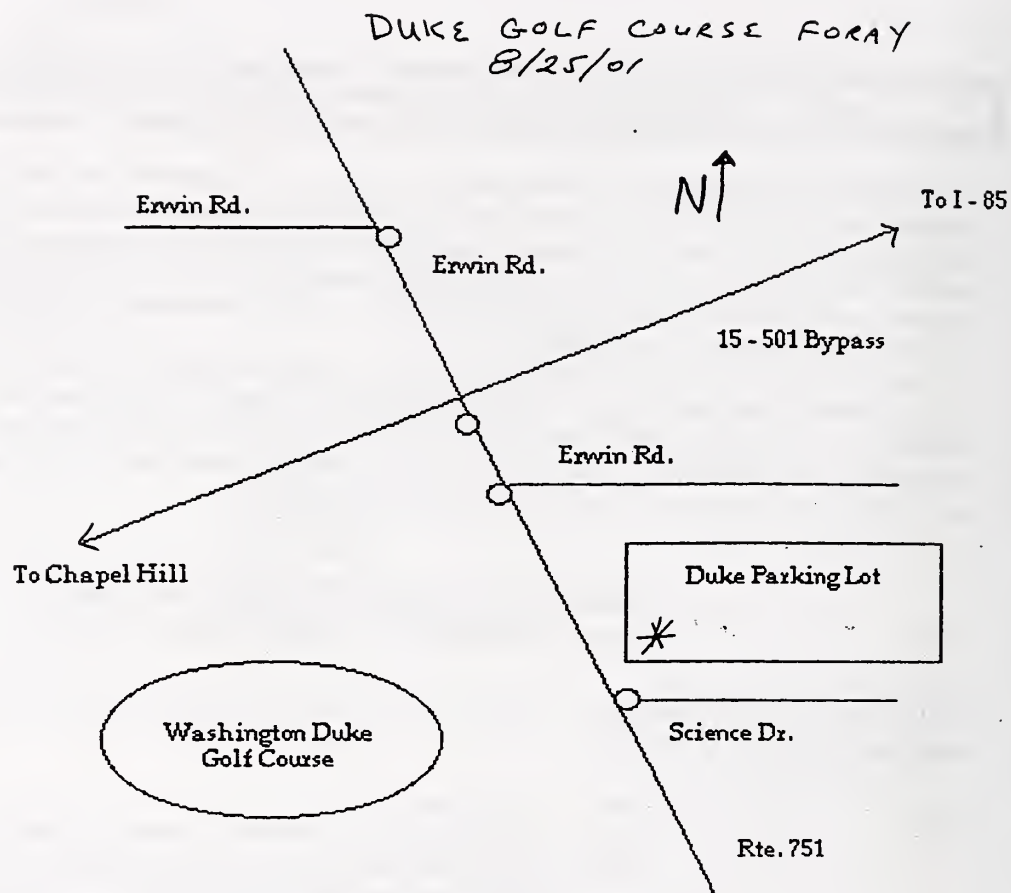
Programs _____ Forays _____

Membership _____ Telephone Tree _____

Help make the *Fungifile* interesting by:

Book reviews _____ Mushroom Sketches _____ Recipe Research _____ Mushroom Propagation _____

MAPS:
August forays



Recipe Corner:

This recipe was altered from the cookbook "Cuisine Imaginaire." It goes together fairly quickly and can be altered to suit whatever mushroom you happen to find.

Wild Mushroom Pastry Served With Glace'-Style Oyster Mushroom and Shallot Sauce

For the Filling:

- 8 sheets fresh or frozen filo pastry
- 1 cup Oyster mushroom, chopped coarse
- 2 T olive oil + 2 T. olive oil
- 2 large leeks, finely shredded
- 3/4 cup Boletes, chopped coarse
- 1/3 cup finely chopped almonds or walnuts
- 1 tea. each: oregano, thyme, tarragon
(if fresh, use 2 tea each)
- 2 dashes of Tamari or soy sauce
- 1 cup cooked basmati rice
- 1 beaten egg with 1 tea water for glaze
- sesame seeds for topping

For the Sauce:

- 1 T. olive oil
- 4 shallots, peeled and shredded
- 1 cup Oyster mushroom, very thinly sliced
- 2-1/2 cups light stock (veg. or chicken)
- Dash of Tamari or soy sauce
- 2 T. French Brandy
- fresh ground white pepper
- 2 tea. fresh tarragon, chopped (or dried)

Preheat oven to 400 degrees. Heat 2 T. of the olive oil in sauté pan on medium heat. Fry leeks until tender. Add all the mushrooms and stir fry a couple of minutes. Add the walnuts, herbs, tamari and cooked rice; mix well over heat. Remove from heat to cool.

In a lightly greased jelly roll pan, layer 3 sheets of filo pastry, liberally oiling top of each with olive oil. Lay on fourth sheet and then spread the cooled mushroom filling in an even layer, leaving about 1/2 inch margin around the edges. Oil exposed margin. Place remaining sheets of filo on top of filling, oiling between each sheet. Use fingers to press edges of pastry closed.

Brush top of pastry with beaten egg mixture and sprinkle with sesame seeds. Place in oven for 25-30 minutes or until top is golden. Cool slightly before slicing.

Sauce: While the pastry is cooking, sauté shallot in olive oil till tender then add mushrooms and stir fry until tender. Stir in herbs and pepper, then add broth slowly to deglaze the pan. Add tamari and brandy, stir to mix. Simmer, partly covered in sauté pan until reduced to gravy consistency. (about 20 min) Just before serving, add a quick dash of sesame oil.

Serve Pastry with sauce poured on side. Buttered new potatoes sprinkled with a few tiny cantharellus cinnabarinus and a green vegetable go well with this.

FORAY LEADERS NEEDED

We need foray leaders for the October, and possibly November. Leaders get to pick the time, date and location of the foray. They are not held responsible for precipitation in the days preceding the foray, and have the privilege of making up whimsical names for whatever specimens are not identified. Option #1 is to select the date, the time and the location. Option #2 is to select the date and have people call you a few days before the foray and find out where to meet you. Option #3 is to select two alternate dates and have people call you before the first date, to determine when the foray will be held. There are undoubtedly other options, and these are fine too. Please call David Green at 929-9768 or Carolyn Norris at 732-5996 and let us know where and when you want to go. In order to put the schedule and directions in the newsletter, we need to know about the forays in October (and November) by mid-September.

POTENTIAL FORAYS: Foray leaders with lives too complicated to make commitments months in advance can call David Green at least two weeks before they want to go. This will allow enough time to notify everyone. The (not too serious) downside to this strategy is that there will not be any maps, so that everyone interested will have to call you for directions.

Note from the editor:

Greetings Mushroom Club!

My second newsletter has rolled around so quickly! Thanks to Carolyn and David for foray reports and announcements and to Linda for her recipe contribution. Roger sent some excellent photos from the June 30th foray at Moorefields (which I still have on file). I had hoped to have a color printer for use on this latest newsletter, but alas, with my hectic schedule I have hardly had a chance to sleep, let alone compare printers. For the next one then!

Speaking of Moorefields, after a morning a-field – or perhaps a-wood is a better choice, a wonderful picnic lunch was shared by the club on the front porch of the house (Excellent salmon salad sandwiches Judy!). Although I had to eat and run off to work, the whole spread looked grand! I would be up for another picnic lunch on future forays...I make a mean brownie.

Please feel free to send news, recipes, artwork, other mushroom articles, etc for future newsletters. **Please note that my email address has changed**, I hope for the last time, to jkmfrogg@earthlink.net. **Note that there are now two GGs in frogg** in the address. Thank you to everyone who shared their mushroom knowledge on my last foray; I have learned a tremendous amount and look forward to learning more.

-Jen

were in the nineties with several days of rain.

Agaricus pocillator
Amanita fulva
Pleurotus ostreatus
Lactarius rufus
Lactarius piperatus
Russula silvicola
Russula emetica group
Gerronema chrysophylla
Xerula furfuracea
Boletus auriporous
Boletus firmis
Boletus betula
Boletus subtomentosus
Boletus subluridellus
Tylopilus badiceps
Leccinum scabrum
Leccinum rugosiceps
Strobilomyces floccopus
Cantharellus cinnabarinus
Cantharellus cibarius
Phaeolus schweinitzii
Trametes versicolor
Lycoperdon perlatum
Mutinus elegans
Hydnellum scrobiculatum
Hydnellum caeruleum
Sarcodon joeides
Ramaria formosa
Clavicornia pyxidata

Upcoming Forays:

Saturday August 25, 2001--Duke Golf Course. Led by Dennis Drehmel . Meet at the Duke parking lot at the northeast corner of the intersection of Hwy. 751 and Science Drive at 9:00 AM (see attached map). The trail is about 4 miles long and circles the golf course, however people can turn around whenever they like.

Saturday September 15, 2001--Duke Forest, Mt. Sinai Road. Meet at 9:00 AM at the Duke forest entrance on Mt. Sinai Road north of Chapel Hill (see attached map). Exit I-40 on to Rt 86 North. Take 86 North to Allen & Sons BBQ (on the left). Turn right at this intersection on to Mt. Sinai Road. The pullover (with about 4 parking spaces) at the Duke forest entrance is on the right. We went to this site in September 1999 and found 38 species, including 7 different boletes. Call Carolyn Norris, 732-5996 for further information.

Foray at Moorefields

Saturday, June 30, 2001, was a hot, dry day (high in the low 90's) with no rain during the previous week. Despite the lack of rain, nine dedicated mushroom hunters found a variety of mushrooms (primarily near Seven Mile Creek) and enjoyed a picnic lunch on the porch at Moorefields following the foray. Thanks to Barry Jacobs for his hospitality.

Identified mushrooms included:

Agaricus arvensis
Agaricus silvicola
Agaricus xanthodermus ("the yellow one")
Cantharellus cibarius
Cantharellus cinnabarinus
Cantharellus minor
Lactarius volemus
Lactarius piperatus
Lactarius allardii
Russula brevipes
Russula cessans
Russula laurocerasi ("fetid almond smell")
Amanita flavoconia
Amanita fulva
Amanita rubescens
Amanita vaginata
Amanita virosa
Pluteus cervinus
Strobilomyces confusus
Boletus chrysenteron
Boletus ornatipes
Hygrophorus conicus
Hygrophorus sp.
Marasmiellus albuscorticis
Sarcoscypha occidentalis
Hypomyces lactifluorum (parasitized Russula)
Ramaria sp.
Polyporus alveolaris
Polyporus varius
Crepidotus applanatus
Urnula craterium ("Devil's urn")
Galiella rufa
Scleroderma cepa
Stereum ostrea
Hydnellum sp.
Comatrucha pulchella

Foray Report -- July 14, 2001

Jordan Lake, Chatham County, NC

In the week preceding the foray daytime temperatures

Botany Section
AUG 14 2001
UNC-CHAPEL HILL

Dogby/shelre



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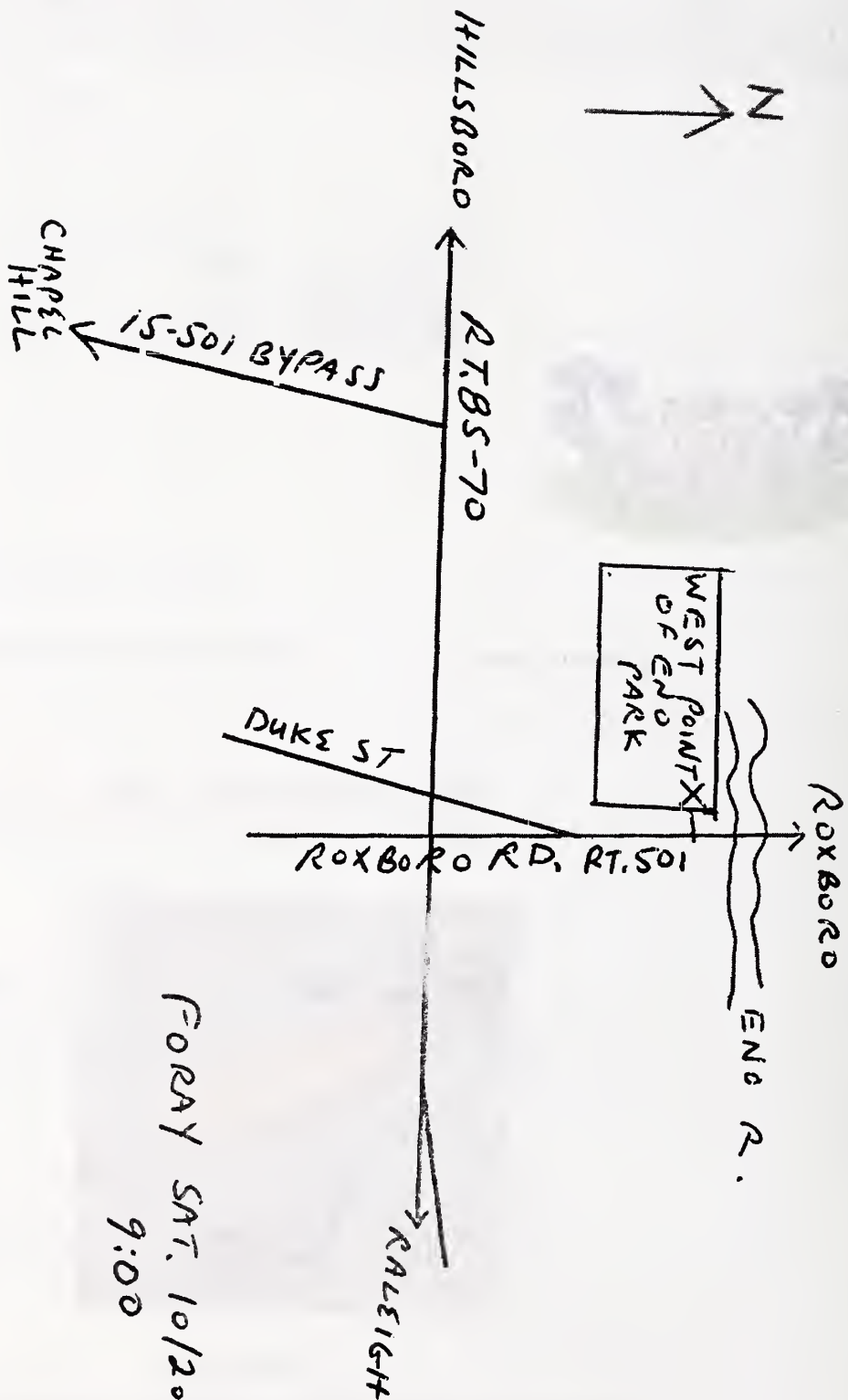
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The Fungifile October 2001
The newsletter of the Triangle Area Mushroom Club



Happy Halloween!
Urnula craterium, courtesy of Roger Rittmaster, 6/01



FORAY SAT. 10/20/01
9:00

UPCOMING FORAY

Saturday October 20, 2001--West Point on the Eno Park, Durham, NC. Led by Dave Cook. Meet in the parking lot nearest the entrance at 9:00 am. See map. For further information or directions, call Dave Cook at 942-5315.

FORAY LEADERS NEEDED

We need foray leaders for the 2002 season. We would like to schedule one or two per month between June and October. Leaders get to pick the time, date and location of the foray, but are not obligated to identify little brown mushrooms and are not held responsible for precipitation in the days preceding the foray. It is desirable, but not absolutely essential, to come back with the same number of people that you started with. Option #1 is to select the date, the time and the location. Option #2 is to select the date and have people call you a few days before the foray and find out where to meet you (this also gives you the option to cancel the foray if it has not rained in a while). There are undoubtedly other options, and these are fine too. Please call Carolyn Norris at 732-5996 and let her know where and when you want to go.

FORAY REPORT

Saturday, September 15, was a clear, fall-like day. Despite no rain during the previous few days, 10 eager mushroom hunters found the following species in the Mt. Sinai Road section of Duke Forest:

Lepiota procera
Russula brevipes
Russula emetica
Russula virescens
Cantharellus cinnabarinus
Amanita bisporigera
Amanita caesarea
Amanita citrina
Amanita daucipes
Amanita farinosa
Amanita fulva
Amanita vaginata
Amanita virosa
Lactarius chrysorheus
Lactarius deliciosus

Lactarius piperatus
Lactarius volemus
Cortinarius gentilis
Cortinarius sp.
Hygrophorus sp.
Colybia sp.
Naematoloma fasciculare
Entoloma sp.
Boletus chrysenteron
Suillus salmonicolor
Leccinum scabrum
Pseudocolus fusiformis
Phyllotopsis nidulans
Daedaleopsis sp.
Arachnion album
Lentaria micheneri
Ramaria sp.
Panellus stipticus
Daldinia concentrica
Meripilus giganteus
Trametes verisicolor
Stereum ostrea
Tyromyces chioneus
Scleroderma sp.

Letter from the editor:

I had the pleasure of attending Taylor Lockwood's author visit/slide show in September at Duke University in part for the promotion of his book "Treasures from the Kingdom of Fungi" The book contains beautiful, sometimes stunning photos of the amazing variety of mushrooms Lockwood has captured on film in his years of travel. This is not an ID book: it is unabashedly a coffee table book. Mr. Lockwood proclaims that he is all about the photography and beauty of mushrooms. It's worth checking out – go to www.fungiphoto.com for more info.

Taylor, (preaching to the choir at this point) spoke frequently about the need for Americans and other countries of English origin, to get over their "fungi phobia." Until recently I think I would have found this much more amusing. After all, my friends and family have always been very indulgent with my interests over the years. Allowing boxes of rocks, jars of insects, algae covered fish tanks, large aquatic African frogs, and plants larger than the fridge to occupy the same house. Eating anything I put in from of them without complaint. ("Well Jen, I might have made it a little less *spicy*, but...") And attending musical events over the years that have ranged from punk, to industrial, to ska, to *country*, all without complaint. My mother in Arizona still sends me tiny jewelry boxes of interesting (dead) insects, carefully laid in the cushioned lining. These are the folks who introduced me to foraging for wild foods as a child and reintroduced it when I could better appreciate, following the end of the I'm-too-cool-for-this teen years.

So I was a little surprised recently when I went to a friend's house for dinner. As I cut across his tiny front lawn from my car to the front door I was delighted to see that the recent rains had brought out 5 or 6 varieties of mushrooms. Even better when I got inside, dinner was not yet ready, so with a yell, "I'll be back in a min. Gonna check out the mushrooms in your front yard." I headed out to the car to grab a mushroom book and, as the light was fading, plucked up the most colorful selection and headed back into the house. I carefully laid the specimen on the coffee table and began my search through the book. A common boletus, but with amazing color – subtle reds turning to orange turning to yellow and with the green bumpy "gills." Common, but still beautiful!

My friend stood in the doorway of the kitchen, staring at me, as I proclaimed – "Well it's not edible, but it shore is purdy." He looked at me as if I had lost my mind. "Are you done?" he asked. "Yeah. Why?" Well, uh, I mean are done with the mushroom? *It's in my house.*" I wasn't sure if I should laugh or start lecturing – I did some of each. Chuckling, I said, "It's not dangerous. They're pretty common, check out the colors." To his credit, he did come over to check it out closely and looked through the book, but with a visible discomfort. "Dinner's

done." He said. With that I tossed the mushroom outside and settled into a bowl of Irish meatball stew.

Steadfastly following the recipe, my nameless friend had added some cultivated mushrooms (baby portabellas I believe). As we neared the end of our first bowls, he remarked, "Do you want mine, my mushrooms, I don't really like them. They're *fungi*, you know." Smiling, my fork already gathering the remaining mushroom slices, "Yeah. I know." I think I know what he's getting for Christmas. ☺

Jen Mahan

Recipe Corner

(What could be a better fall combination than wild rice and wild mushrooms?)

WILD RICE WITH WILD MUSHROOMS

Bon Appetit, November 1995

One surprise to Europeans who settled the plains was the abundance of wild mushrooms, including morels, chanterelles, and other varieties familiar from home. Free for the picking, the mushrooms were hung on strings and dried, providing a winter's worth of eating. Wild rice (actually a grass seed) is a New World native that combines well with the earthy mushrooms the French cèpes. (The Italians call them porcini, and they are easier to find than cèpes, which is why we call for porcini in this recipe.)

1 1/2 cups canned chicken broth
3/4 ounce dried porcini mushrooms, rinsed under cold water

1 1/4 cups wild rice, rinsed under cold water
1 teaspoon salt
1 1/2 bay leaves

3 tablespoons butter
3/4 cup finely chopped onion
1/2 cup finely chopped carrot
2 garlic cloves, minced
3/4 teaspoon dried marjoram
1/2 teaspoon dried thyme
9 medium crimini or button mushrooms, sliced

Bring broth to boil in small saucepan. Remove from heat; add porcini mushrooms and let stand until soft, about 30 minutes. Drain, reserving soaking liquid. Finely chop porcini.

Bring medium saucepan of water to boil. Add rice, salt and bay leaves. Reduce heat to medium and simmer until rice is almost tender, about 45 minutes. Drain; discard bay leaves. (Porcini and rice can be prepared 1 day ahead. Cover porcini, soaking liquid and rice separately and refrigerate.)

Melt butter in large nonstick skillet over medium heat. Add onion, carrot, garlic, marjoram, thyme and porcini and sauté 5 minutes. Add crimini mushrooms; sauté until tender, about 7 minutes. Add rice and reserved porcini soaking liquid, discarding sediment in bottom. Simmer until almost all liquid absorbed but mixture is still moist, about 10 minutes. Season with salt and pepper.

Winter Newsletter Contributions

I am planning at least one winter newsletter, hopefully two, and it would really help me out if you folks could send me interesting articles, book reviews, recipes, artwork, and other mushroom tidbits. Mail to Jennifer Mahan, 1706 Open Air Camp Road, Durham NC 27712 or email to jkmfrogg@earthlink.net Thanks!

I apologize for any misspelled names, etc. in the haste to get the October newsletter sent.

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